

# Roman Life Station Summary

## Forum

- Center of city life
- Market place, government buildings and temples
- Arch of Titus and Arch of Constantine on each end of the Forum

## Army

- Soldiers wore - a helmet with a feather crest, metal jacket, belt to carry a dagger and sandals
- Carried rectangular shields
- Soldiers protected provinces as well as conquered areas
- Very well trained and disciplined
- Divided into legions of 5,500 men
- Usually served for 20 years

## Slaves

- Important to empire
- Often captured from enemies
- Some slaves treated very well
- Wore metal identification tags in case they escaped
- Household slaves were used by the Patricians
- Slaves were often educated
- Gladiators were often slaves

## Religion

- Worshiped many gods
- Gods controlled all parts of Roman life
- Most gods had individual temples
- Often borrowed gods from cities they captured
- Christianity started after Christ's death

## Baths

- Every town had at least one bath
- Men and woman bathed separately
- Both warm and cold bathes
- Swimming pools and gymnasiums were included in a bath
- Slaves often scraped skin before entering a bath
- People used olive oil to make their skin smooth

## Food

- Simple diet ( wheat, beans, figs, wine and olives)
- Wealthy Patricians ate better
- Kitchens were small and located outdoors
- Many people ate while laying down
- Slaves often fed wealthy people
- Children even drank wine usually very watered down

## Clothing

- Men and woman wore tunic and togas
- A toga was like a suit today
- Men were clean shaven
- Woman often wore wigs and makeup
- Roman woman liked blond wigs - the hair taken from German slaves